

GREELEY-EVANS SCHOOL DISTRICT 6

SYSTEM *of* SUPPORT

At District 6, we are committed to the social and emotional health of our staff, students, and families, especially in these uncertain times. Taking care of our emotional health is critically important. Below, you will find resources to support you and your family to grow your strength and resilience.



EMPLOYEE WELLNESS AND SUPPORT



Wellbeats is a fitness website and app that contains thousands of on-demand workout, nutrition and mental health videos. This program is FREE for district employees. If employees need their log-in info they can always email support@wellbeats.com

EMPLOYEE ASSISTANCE PROGRAM

The EAP provides professional, confidential counseling to assist you to find solutions to the stressors of your busy life. To access services call: 866-831-2181. Crisis services available 24 hours a day, 7 days a week.

www.livewellworklife.com

Company code for this website is:
schooldistrict6



Helping you be kind to yourself, and your health, and guide your students and their parents through this difficult time. Headspace offers free access to all K-12 teachers, school administrators, and supporting staff.
<https://www.headspace.com/educators>



Feeling stressed? Today can be different.

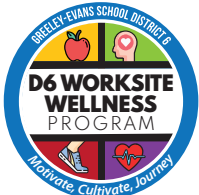
North Range Behavioral Health's [COLORADO SPIRIT](#) program provides no-cost, confidential mental health assistance to Weld County community members. Call the Warm Line at 970.347.2359 to speak with a counselor today. Our program counselors don't diagnose or prescribe treatment for mental illness, but they do provide individuals and organizations with reassuring support and information on effective coping strategies. Our program counselors are here even if you just need to talk. We understand that nothing around the world we are living in is easy. Get the support you need to embrace change and thrive.

SOCIAL EMOTIONAL LEARNING (SEL)

Social-Emotional Learning (SEL) helps students and adults acquire and apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Find more information on our District website [HERE](#).

ADDITIONAL ONLINE RESOURCES TO HELP YOU!

- [Calm: Sleep more. Stress less. Live better](#)
- [Healthy Schools Hub](#)
- [Care For Your Coronavirus Anxiety](#)
- [Random Acts of Kindness](#)
- [Playworks at home: virtual recess](#)
- [Coping Calendar: Keep Calm, Be Kind](#)
- [Greater Good in Education: SEL resources](#)
- [How to deal with Anxiety During COVID](#)
- [How to make stress your friend](#)
- [That Discomfort You're Feeling Is Grief](#)
- [How to practice emotional first aid](#)
- [Sleep is your superpower](#)
- [Fit Chick Tribe: workout videos from District 6 Staff!](#)



Virtual events and programs will be posted directly on the D6 Worksite Wellness website!

Check out the Worksite Wellness Program [website](#) for updates!